

Middle School Level

A. REQUIREMENTS – Health Education

Health education is classroom instruction that addresses the physical, mental, emotional, and social dimensions of health, develops health knowledge, attitudes, and skills; and is tailored to each age level. Health education is designed to motivate and assists students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors.

A **required** health education course is one that is taught as an independent subject (semester-, quarter-, or year-long unit of instruction). It is not health education lessons integrated into other subjects.

1. As it applies to your school or school district, is **Health Education** a required component of the middle school curriculum.

Yes	77.4% (41 of 53)
No	22.6% (12 of 53)

2. If yes, for which grade levels is Health Education a required component of the middle school curriculum?

Grade Level	Check All That Apply
6	65.9% (27 of 41)
7	92.7% (38 of 41)
8	87.8% (36 of 41)

B. METHOD OF DELIVERY – Health Education

3. As it applies to your school or school district, please check all sections below that apply for the corresponding school grade levels in regard to **who** is teaching required **Health Education**.

Grade Level	Health Education is taught by the general classroom teacher. (I.e. Biology, FACS, Science, etc.)	Health Education is taught by the Health and/or Physical Education teacher.	Health Education is taught by other staff. (Please identify by title. I.e. Counselor, Nurse, etc.)
6	27.3% (15 of 55)	43.6% (24 of 55)	10.9% (6 of 55)
7	20.0% (11 of 55)	61.8% (34 of 55)	5.4% (3 of 55)
8	14.5% (8 of 55)	65.5% (36 of 55)	5.4% (3 of 55)

3, (Continued)

Grade Level	Health Education is taught by other staff. (Please identify by title. I.e. Counselor, Nurse, etc.)	
6	10.9% (6 of 55)	• Counselor (3)
7	5.4% (3 of 55)	
8	5.4% (3 of 55)	

4. As it applies to your school or school district, please check all sections below that apply for the corresponding school grade levels in regard to **how** required **Health Education** is taught.

Grade Level	Health Education is taught as a stand-alone subject.	Health Education is taught in a combination class with Physical Education.
6	27.3% (15 of 55)	21.8% (12 of 55)
7	43.6% (24 of 55)	25.5% (14 of 55)
8	50.0% (22 of 55)	25.5% (14 of 55)

C. FREQUENCY – Health Education

5. As it applies to your school or school district, please provide information about the **frequency** in which **Health Education** is taught for each corresponding grade level.

Grade Level	Average Minutes/Day (# responses)	Average Days/Week (# responses)	Average Weeks/Year (# responses)
6	33.3 minutes (24)	2.8 days (25)	21.8 weeks (28)
7	42.5 minutes (33)	3.1 days (34)	19.4 weeks (39)
8	42.6 minutes (31)	2.8 days (32)	19.0 weeks (37)

D. BARRIERS – Health Education

A “**quality**” Health Education program is highly interactive and provides ways for students to personalize information and skills so that it is immediately relevant to their lives.

6. As it applies to your school or school district, please indicate a primary (#1) and a secondary (#2) barrier to the implementation of quality **Health Education**.

Barrier	Primary	Secondary
Funding	22.0% (11 of 50)	26.0% (13 of 50)
Support	0.0% (0 of 50)	18.0% (9 of 50)
Time	76.0% (38 of 50)	16.0% (8 of 50)
Facilities	10.0% (5 of 50)	20.0% (10 of 50)
Qualified Staff	12.0% (6 of 50)	18.0% (9 of 50)
Other	0.0% (0 of 50)	0.0% (0 of 50)

Other Comments:

- Facilities – Shared classroom with two staff
- If we had plenty of gym space, we could integrate health and PE
- Only so many periods in a day
- Curriculum

E. REQUIREMENTS – Physical Education

The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. Physical activity is critical to the development and maintenance of good health.

A **required** physical education course is taught as an independent subject (semester-, quarter-, year-long unit of instruction). It is not physical activity lessons integrated into other subjects. It is not recess, intramural activities, open gym, physical activity clubs, or school sports.

7. As it applies to your school or school district, is **Physical Education** a required component of the middle school curriculum.

Yes	96.4% (53 of 55)
No	3.6% (2 of 55)

8. If yes, for which grade levels is Physical Education a required component of the middle school curriculum?

Grade Level	Check All That Apply
6	90.6% (48 of 53)
7	98.1% (52 of 53)
8	98.1% (52 of 53)

F. METHOD OF DELIVERY – Physical Education

9. As it applies to your school or school district, please check all that apply for the corresponding school grade levels in regard to **who** is teaching required **Physical Education**.

Grade Level	Physical Education is taught by the Health and/or Physical Education Teacher.	Physical Education is taught by other staff. (Please identify by title. I.e. Biology, Computer, etc.)
6	83.6% (46 of 55)	3.6% (2 of 55)
7	87.2% (48 of 55)	5.5% (3 of 55)
8	87.2% (48 of 55)	5.5% (3 of 55)

9, (Continued)

Grade Level	Physical Education is taught by other staff. (Please identify by title. I.e. Biology, Computer, etc.)	
6	3.6% (2 of 55)	
7	5.5% (3 of 55)	• Science teacher (2)
8	5.5% (3 of 55)	• Science teacher (2)

10. As it applies to your school or school district, please check all sections below that apply for the corresponding school grade levels in regard to **how required Physical Education** is taught.

Grade Level	Physical Education is taught as a stand-alone subject.	Physical Education is taught in a combination course with Health Education.
6	74.5% (41 of 55)	12.7% (7 of 55)
7	70.9% (39 of 55)	21.8% (12 of 55)
8	69.0% (38 of 55)	23.6% (13 of 55)

G. FREQUENCY – Physical Education

11. As it applies to your school or school district, please provide information about the **frequency** in which **Physical Education** is taught for each corresponding grade level.

Grade Level	Average Minutes/Day (# responses)	Average Days/Week (# responses)	Average Weeks/Year (# responses)
6	40.4 minutes (43)	2.8 days (45)	31.4 weeks (45)
7	48.1 minutes (42)	3.1 days (45)	28.3 weeks (46)
8	48.1 minutes (42)	3.1 days (45)	28.3 weeks (46)

H. BARRIERS – Physical Education

A “**quality**” Physical Education program provides learning experiences that meet student’s developmental needs, which in turn helps to improve their mental alertness, academic performance, and readiness and enthusiasm for learning. It includes the following components: opportunities to learn, meaningful content and appropriate instruction.

12. As it applies to your school or school district, please indicate a primary (#1) and a secondary (#2) barrier to the implementation of quality **Physical Education**.

Barrier	Primary	Secondary
Funding	24.0% (12 of 50)	28.0% (14 of 50)
Support	2.0% (1 of 50)	12.0% (6 of 50)
Time	60.0% (30 of 50)	26.0% (13 of 50)
Facilities	12.0% (6 of 50)	22.0% (11 of 50)
Qualified Staff	16.0% (8 of 50)	16.0% (8 of 50)
Other	0.0% (0 of 50)	0.0% (0 of 50)

Other Comments:

- Only so many periods in a day
- An adapted Physical Education teacher would be a benefit to the district